



**NEP 2020-BASED CURRICULUM  
FOR PHYSICAL EDUCATION, SPORTS, AND YOGA**

**Semesters I to IV**

**FACULTY OF EDUCATION**

**SYLLABUS FOR  
PHYSICAL EDUCATION, SPORTS, AND YOGA**

**IN ACCORDANCE WITH  
NEP REGULATIONS 2020  
SYLLABUS OF KUVEMPU UNIVERSITY, UNDERGRADUATE  
FIRST TO FOURTH SEMESTERS,  
RELATING TO PHYSICAL EDUCATION, SPORTS, AND YOGA**

**PREPARED IN THE MEETING OF THE BOARD OF STUDIES (UG)  
IN PHYSICAL EDUCATION ON 19<sup>th</sup> OCTOBER., 2022 AND FINALIZED  
SUBSEQUENTLY.**

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## CURRICULUM

**Name of the Degree Program:** B.A/B.Sc./B.Com./B.B.A./B.C.A and all other U.G Courses.

<b>Discipline Core:</b>	Physical Education, Sports, and Yoga – <b>B. A/B. Sc.,</b>
<b>Total Credits for the Program (I, II, III &amp; IV Semesters):</b>	Discipline Core: <b>06 Credits per semester.</b>
<b>Open Electives:</b>	<b>03 Credits for each Elective</b> (B. A/B. Sc., /B. Com, /B.B.A./B.C.A and all other U.G Courses.)
<b>Skill Enhancement Courses:</b>	<b>02 Credits for each Skill Enhancement Course</b> (B.A/B.Sc./B.Com./B.B.A./B.C.A and all other U.G Courses.)
<b>Year of Implementation:</b>	2021-22 ( <b>Revised from 2022-23</b> )

### Program Outcomes:-

**By the end of the program the students will be able to:**

- Be an entrepreneur (to start their fitness center, gym, etc.) and devise an appropriate fitness program for different genders and age groups at all levels.
- Officiate, Supervise, and Organise various sports events.
- Acquire the knowledge, and understand the purpose and development of Physical Education, Sports, and Yoga.
- Learn theoretical and practical aspects of the game of his/her choice to apply at various levels for teaching, learning, and coaching purposes.
- Learn to apply the knowledge of Physical fitness and exercise management to lead a better lifestyle.
- Gain the knowledge of professional preparation in Physical Education, Sports, and Yoga.
- Assess Physical Fitness Scientifically.
- Continue professional courses and research in Physical Education, Sports, and Yoga.

**ASSESSMENT  
SEMESTER – I**

<b>(B.A/B.Sc., Programmes)</b>				
<b>DSE: Discipline Specific Core-1 (4-0-2)</b>				
<b>Course</b>	<b>Paper</b>	<b>Credits</b>	<b>No. of Teaching Hours / Week</b>	<b>Total Marks/ Assessment</b>
<b>DSC-1</b> Theory	<b>INTRODUCTION TO PHYSICAL EDUCATION, SPORTS, AND YOGA</b>	4	4	100 (60+40)
<b>DSC-1</b> Practical	<b>BASIC FITNESS, TRACK &amp; FIELD, MAJOR GAMES, AND YOGA</b>	2	4	50 (25+25)
<b>Total</b>		<b>6</b>	<b>8</b>	<b>150</b>
<b>OE: Open Electives-03 Credits (2-0-1)</b> (B.A/B.Sc./B.Com./B.B.A./B.C.A and all other U.G Courses)				
<b>Course</b>	<b>Papers</b>	<b>Credits</b>	<b>No. of Teaching Hours/Week</b>	<b>Total Marks/ Assessment</b>
<b>OE-1</b> Theory	<ul style="list-style-type: none"> <li>• Yoga and Fitness</li> <li>• Sports Event Management</li> </ul> <p style="margin: 0;"><b>Note:</b> Students shall opt any one</p>	3	2	60 (Theory)
<b>OE-1</b> Practical			2	40 (20+20) <b>Practical + IA</b>
<b>Total</b>		<b>3</b>	<b>4</b>	<b>100</b>
<b>SEC: Skill Enhancement Courses Value Based-1 Physical Education HEALTH, WELLNESS, AND YOGA (02 Credits)</b> (Compulsory for B.A/B.Sc./B.Com./B.B.A./B.C.A and all other U.G Courses)				
<b>Course</b>	<b>Paper</b>	<b>Credits</b>	<b>No. of Teaching Hours/Week</b>	<b>Total Marks/ Assessment (IA)</b>
<b>SEC-1</b> Practical	<b>Health, Wellness, and Yoga</b>	2	4	50
<b>Total</b>		<b>2</b>	<b>4</b>	<b>50</b>
<b>Note:</b>				
<ul style="list-style-type: none"> <li>• Skill Enhancement Course- Health, Wellness, and Yoga (Activity-based Theory cum practical paper)</li> </ul>				

**ASSESSMENT  
SEMESTER -II**

<b>(B.A/B.Sc., Programmes)</b>				
<b>DSE: Discipline Specific Core-2 (4-0-2)</b>				
<b>Course</b>	<b>Paper</b>	<b>Credits</b>	<b>No. of Teaching Hours/Week</b>	<b>Total Marks/ Assessment</b>
<b>DSC-2</b> Theory	<b>LIFESTYLE MANAGEMENT</b>	4	4	100 (60+40)
<b>DSC-2</b> Practical	<b>ADVANCE FITNESS, ASANAS, TRACK &amp; FIELD, AND MAJOR GAMES</b>	2	4	50 (25+25)
<b>Total</b>		<b>6</b>	<b>8</b>	<b>150</b>
<b>OE: Open Electives – 03 Credits (2-0-1)</b> (B.A/B.Sc./B.Com./B.B.A./B.C.A and all other U.G Courses)				
<b>Course</b>	<b>Paper</b>	<b>Credits</b>	<b>No. of Teaching Hours/Week</b>	<b>Total Marks/ Assessment</b>
<b>OE-2</b> Theory	<ul style="list-style-type: none"> <li>• <b>Sports &amp; Recreation</b></li> <li>• <b>Physical Fitness for Careers</b></li> </ul> <b>Note:</b> Students shall opt any one	3	2	60 (Theory)
<b>OE-2</b> Practical			2	40 (20+20) <b>Practical + IA</b>
<b>Total</b>		<b>3</b>	<b>4</b>	<b>100</b>
<b>SEC: Skill Enhancement Courses Value Based-2 Physical Education SPORTS-II (02 Credits)</b> (B.A/B.Sc./B.Com./B.B.A./B.C.A and all other U.G Courses)				
<b>Course</b>	<b>Paper</b>	<b>Credits</b>	<b>No. of Teaching Hours/Week</b>	<b>Total Marks/ Assessment</b>
<b>SEC-2</b> Practical	<b>SPORTS-I</b>	2	4	50
<b>Total</b>		<b>2</b>	<b>4</b>	<b>50</b>
<b>Note:</b>				
<ul style="list-style-type: none"> <li>• Skill Enhancement Course- <b>SPORTS-I</b> (Activity-based Theory cum practical paper)</li> </ul>				

**ASSESSMENT  
SEMESTER –III**

<b>(B.A/B.Sc., Programmes)</b>				
<b>DSE: Discipline Specific Core-3 (4 0-2)</b>				
<b>Course</b>	<b>Paper</b>	<b>Credits</b>	<b>No. of Teaching Hours/Week</b>	<b>Total Marks/ Assessment</b>
<b>DSC-3</b> Theory	<b>SPORTS TRAINING AND COACHING</b>	4	4	100 (60+40)
<b>DSC-3</b> Practical	<b>SPORTS PROFICIENCY</b>	2	4	50 (25+25)
<b>Total</b>		<b>6</b>	<b>8</b>	<b>150</b>
<b>OE: Open Electives: 03 Credits (2-0-1)</b> (B.A/B.Sc./B.Com./B.B.A./B.C.A and all other U.G Courses)				
<b>Course</b>	<b>Paper</b>	<b>Credits</b>	<b>No. of Teaching Hours/Week</b>	<b>Total Marks/ Assessment</b>
<b>OE-3</b> Theory	<ul style="list-style-type: none"> <li>• Health and Safety Education</li> <li>• Self-defense</li> </ul> <b>Note:</b> Students shall opt any one	3	2	60 (Theory)
<b>OE-3</b> Practical			2	40 (20+20) <b>Practical- IA</b>
<b>Total</b>		<b>3</b>	<b>4</b>	<b>100</b>
<b>Skill Enhancement Courses (SEC) Value Based-3 Physical Education SPORTS-III (02 Credits)</b> (B.A/B.Sc./B.Com./B.B.A./B.C.A and all other U.G Courses)				
<b>Course</b>	<b>Paper</b>	<b>Credits</b>	<b>No. of Teaching Hours/Week</b>	<b>Total Marks/ Assessment</b>
<b>SEC-3</b> Practical	<b>SPORTS-II</b>	2	4	50
<b>Total</b>		<b>2</b>	<b>4</b>	<b>50</b>
<b>Note:</b>				
<ul style="list-style-type: none"> <li>• Skill Enhancement Course- <b>SPORTS-II</b> (Activity-based Theory cum practical paper)</li> </ul>				

**ASSESSMENT  
SEMESTER -IV**

<b>(B.A/B.Sc., Programmes)</b>				
<b>DSE: Discipline Specific Core-4 (4-0-2)</b>				
<b>Course</b>	<b>Paper</b>	<b>Credits</b>	<b>No. of Teaching Hours/Week</b>	<b>Total Marks/ Assessment</b>
<b>DSC-4</b> Theory	<b>SPORTS INJURIES &amp; MANAGEMENT</b>	4	4	100 (60+40)
<b>DSC-4</b> Practical	<b>FIRST AID &amp; ATHLETIC CARE</b>	2	4	50 (25+25)
<b>Total</b>		<b>6</b>	<b>8</b>	<b>150</b>
<b>OE: Open Electives: 03 Credits (2-0-1)</b> (B.A/B.Sc./B.Com./B.B.A./B.C.A and all other U.G Courses)				
<b>Course</b>	<b>Paper</b>	<b>Credits</b>	<b>No. of Teaching Hours/Week</b>	<b>Total Marks/ Assessment</b>
<b>OE-4</b> Theory	<ul style="list-style-type: none"> <li>• Adventure Sports</li> <li>• Sports Nutrition</li> </ul> <p><b>Note:</b> Students shall opt any one</p>	3	2	60 (Theory)
<b>OE-4</b> Practical			2	40 (20+20) <b>Practical- IA</b>
<b>Total</b>		<b>3</b>	<b>4</b>	<b>100</b>
<b>Skill Enhancement Courses (SEC) Value Based-4 Physical Education SPORTS-IV (02 Credits)</b> (B.A/B.Sc./B.Com./B.B.A./B.C.A and all other U.G Courses)				
<b>Course</b>	<b>Paper</b>	<b>Credits</b>	<b>No. of Teaching Hours/Week</b>	<b>Total Marks/ Assessment</b>
<b>SEC-4</b> Practical	<b>SPORTS-III</b>	2	4	50
<b>Total</b>		<b>2</b>	<b>4</b>	<b>50</b>
<b>Note:</b>				
<ul style="list-style-type: none"> <li>• Skill Enhancement Course- <b>SPORTS-III</b> (Activity-based Theory cum practical paper)</li> </ul>				

## Curriculum Structure for Undergraduate Degree Programme

### B.A., / B.Sc., Courses in Physical Education, Sports, and Yoga

**Total Credits for the Programme**

**(I to IV):**

**6 Credits** for each Discipline

**Year of implementation:**

2021-22 (Revised 2022-23)

**Name of the Degree Programme:**

B.A., / B.Sc.

**Discipline/Subject:**

Physical Education, Sports, and Yoga

**Program Articulation Matrix:**

This matrix lists only the core courses. Core courses are essential to earn a degree in that discipline/subject. They include courses such as theory, laboratory, projects, internships, etc. Elective courses may be listed separately.



Semester	Title /Name of the course	Program outcomes that the course addresses (not more than 3 per course)	Pre-requisite course(s)	Pedagogy	Assessment
1.	<b>Introduction to Physical Education, Sports &amp; Yoga (06 Credits)</b>	<ol style="list-style-type: none"> <li>To understand the basic principles and practices of Physical Education, Sports, and Yoga.</li> <li>To be able to instruct the Physical Activities, Sports, and Yoga practices.</li> <li>To understand and be able to organize &amp; officiate sports events.</li> </ol>	Students with Arts / Science / Commerce streams at 12 <sup>th</sup> / +2 level preferable with Sports Background.	The course shall be taught through Lectures, Practical, Interactive Sessions, Materials, Assignments, Seminars, Intramural, and Extramural.	<p>Theory <b>100 (60+40)</b></p> <p>Practical <b>50(25+25)</b></p>
2.	<b>Life Style Management (06 Credits)</b>	<ol style="list-style-type: none"> <li>To learn and apply the knowledge of Physical fitness and exercise management to lead a better quality life.</li> <li>To understand and learn different dimensions of an active lifestyle.</li> </ol>		The course shall be taught through Lecture, Practical, Interactive Sessions, Materials, Assignments, Seminars, Intramural and Extramural.	<p>Theory <b>100 (60+40)</b></p> <p>Practical <b>50 (25+25)</b></p>

3	<p align="center"><b>Sports Training and Coaching</b> (06 Credits)</p>	<ol style="list-style-type: none"> <li>1. To learn the theoretical and practical aspects of the scientific basis of Sports Training and Coaching.</li> <li>2. To understand the Sports Training Components and Methods in a better way and acquire good qualities of a right Coach.</li> </ol>		<p>The course shall be taught through Lecture, Practical, Interactive Sessions, Materials, Assignments Seminars, Intramural &amp; Extramural</p>	<p align="center">Theory <b>100 (60+40)</b></p> <p align="center">Practical <b>50 (25+25)</b></p>
4	<p align="center"><b>Sports Injuries &amp; Management</b> (06 Credits)</p>	<ol style="list-style-type: none"> <li>1. To learn the Causes and types of Injuries that occur during Sports Activities.</li> <li>2. To understand the prevention and management techniques along with the rehabilitation process for various sports injuries.</li> </ol>		<p>The course shall be taught through Lecture, Practical, Interactive Sessions, Materials, Assignments Seminars, Intramural &amp; Extramural.</p>	<p align="center">Theory <b>100 (60+40)</b></p> <p align="center">Practical <b>50 (25+25)</b></p>

## **B.A /B.Sc., Semester I, II, III & IV**

### **Aim of the Course**

The course aims at creating awareness about the fundamentals of Physical Education, Sports, and Yoga and their effectiveness to promote Health and wellness through a Healthy Lifestyle.

### **Objectives of the Course**

1. To impart the students with basic concepts of Physical Education, Sports, and Yoga for health and wellness.
2. To familiarize the students with health-related Exercise, Sports, and Yoga for Overall growth & development.
3. To create a foundation for professionals in Physical Education, Sports, and Yoga.
4. To impart the basic knowledge and skills to teach Physical Education, Sports & Yoga activities.

### **Learning Outcome/ Skills:**

- Students will be able to understand the basic principles and practices of Physical Education, Sports, and Yoga.
- Students will be able to instruct the Physical Activities, Sports, and Yoga practices for Healthy Living.
- To develop professionalism among students to conduct, organize & officiate Physical Education, Sports, and Yoga events at schools and community levels.

### **Employability/ Entrepreneurship abilities:**

- The candidate will be able to work as Physical Education, Sports, and Yoga instructor.
- The Candidate will be able to instruct, organize & Officiate Physical Education, Sports, and Yoga related events or activities.
- The candidate will be able to establish fitness, sports, and yoga centers.
- The candidate will be able to conduct Traditional games, Sports, and General Yoga classes at the rural and community level.

**SEMESTER- I**  
**Programme B.A/B.Sc.,**  
**Title of the Course: DSC-1**  
**INTRODUCTION TO PHYSICAL EDUCATION, SPORTS, AND YOGA**

**Course outcomes:-**

On completion of the course the student will be able to:

- Understand the historical concepts and significance of Physical Education, Sports, and Yoga.
- Learn the modern trends in Physical Education, Sports, and Yoga and their relation to education.
- Learn the principles of implementing fitness activities and yoga.
- Understand the biological principles on which Physical Education, Yoga, and Sports are based.
- Learn basic yoga practices.
- Understand the career opportunities arising out of undergoing courses in Physical Education, Sports, and Yoga.
- Understand and perform warm-up and conditioning activities.
- Assess and evaluate health-related fitness parameters.
- Perform basic skills in a game and athletic event.
- Perform basic asanas and pranayama.
- Learn to prepare records and reports.

Number of Theory Credits	Number of Lecture Hours/semester	Number of practical Credits	Number of Practical Hours/ Semester
4	52 – 56	2	52 – 56
<b>Content of theory Course – 1: 06 Credits (4-0-2)</b>			<b>Hours</b>
<b>UNIT- I INTRODUCTION</b> <ul style="list-style-type: none"> <li>• Meaning and Definition of Physical Education, Sports, and Yoga.</li> <li>• Aim and Objectives of Physical Education, Sports, and Yoga.</li> <li>• History of Physical Education, Sports, and Yoga. <ul style="list-style-type: none"> <li>▪ Ancient Greece.</li> <li>▪ Ancient and Modern Olympics.</li> <li>▪ Asian Games and Commonwealth Games.</li> <li>▪ Post-Independence Period – Sports Authority of India (SAI), Khelo India, Fit India Movement.</li> <li>▪ Origin &amp; Development of Yoga.</li> </ul> </li> </ul>			<b>14 Hrs</b>

<ul style="list-style-type: none"> <li>• Modern trends of Physical Education, Sports, and Yoga (brief concepts). <ul style="list-style-type: none"> <li>• Values of Physical Education, Sports, and Yoga.</li> <li>• Assessment of human performance- Endurance.</li> <li>• Brief concept of Education in relation to Physical Education, Sports, and Yoga.</li> <li>• Pedagogy for Physical Education, Sports, and Yoga.</li> <li>• Physical Education, Sports, and Yoga for holistic development.</li> </ul> </li> </ul>	
<p><b>UNIT- II YOGA AND FITNESS TRAINING</b></p> <ul style="list-style-type: none"> <li>• Importance of Yoga and Fitness.</li> <li>• Fundamental Principles of Yoga and Fitness Training. <ul style="list-style-type: none"> <li>▪ ShithalikaaranaVyayamas; sequence of the practice; and need-based practice.</li> <li>▪ Principles of training and variables of training.</li> </ul> </li> <li>• Components of Fitness <ul style="list-style-type: none"> <li>▪ Concept of fitness; their types and importance.</li> <li>▪ Health-related fitness components.</li> <li>▪ Skill-related fitness components.</li> </ul> </li> <li>• Types of Yoga practices (Concepts) <ul style="list-style-type: none"> <li>▪ Asanas</li> <li>▪ Pranayama</li> <li>▪ Kriyas</li> <li>▪ Dhyana</li> </ul> </li> <li>• Considerations for the practice of Yoga and Fitness.</li> </ul>	<b>14 Hrs</b>
<p><b>UNIT- III BIOLOGICAL FOUNDATIONS OF PHYSICAL EDUCATION AND YOGA</b></p> <ul style="list-style-type: none"> <li>• Growth and Development: Meaning, Principles, and Stages.</li> <li>• Heredity and Environment: Meaning, Principles, and influence on growth and development.</li> <li>• Concepts: Athletic Heart, Types of Ages, Types of load, Physical and Physiological differences between male and female.</li> <li>• Body Types: Meaning, Types, Characteristics, and implications in Physical Education and sports.</li> </ul>	<b>14 Hrs</b>

Continued...

<p><b>UNIT-IV CAREER OPPORTUNITIES IN PHYSICAL EDUCATION, SPORTS, AND YOGA</b></p> <ul style="list-style-type: none"> <li>• Physical Education, Sports, and Yoga professionals at various levels of educational institutions- Qualities and Qualifications.</li> <li>• Career Avenues: Sports Trainer, Yoga Instructor, Coach, Sports Manager, Sports Scientist, Event manager, Technical Official, Entrepreneur, and Researcher.</li> <li>• Applications of Physical Education, Sports, and Yoga for different purposes: Teaching, Business Executives, Police department, Defense personnel, and Government employees.</li> <li>• Sports and Yoga Establishments: Health Clubs, Fitness centers, Dance and yoga studios, and Recreational clubs: Characteristics, Facilities, Infrastructure, and Management.</li> <li>• Specialized Profession: Sports Journalists, Sports Commentators, Photo and Video Analyst, Sports Marketing and Equipment/Props manufacturers.</li> </ul>	<b>14 Hrs</b>
<b>CONTENT OF PRACTICAL COURSE -1: PRACTICAL (02 Credits/56 Hours)</b>	<b>Hours</b>
<p><b>A. BASIC FITNESS, TRAINING, AND ASSESSMENT</b></p> <ul style="list-style-type: none"> <li>• General and specific warm-up, limbering down – Meaning, types and benefits.</li> <li>• Assessment of Body Composition, Calculation of BMI and Cardiovascular fitness.</li> <li>• Training and Assessment for Health-related fitness: Muscular Endurance, Muscular Strength, Flexibility, Cardio-respiratory Endurance, Body Composition.</li> </ul>	<b>56 Hrs</b>
<p><b>B. MAJOR/MINOR OUTDOOR GAMES / TRACK &amp; FIELD</b></p> <ul style="list-style-type: none"> <li>• One Game (Choice as per institutional facilities/ trained personnel/ student/ popularity).</li> <li>• Athletics: Running, Jumping, and Throwing Event – One event from each.</li> </ul>	

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<p><b>C. BASIC ASANAS AND SURYA NAMASKARA</b> (AS PER THE REFERENCE BOOKS)</p> <ul style="list-style-type: none"> <li>• ShithilikaranaVyayama(Dynamic).</li> <li>• Suryanamaskara.</li> <li>• Standing and Sitting Asanas (02 asanas from each).</li> <li>• Prone and SupineAsanas (02 asanas from each).</li> </ul>	
<p><b>D. BASIC PRANAYAMA</b></p> <ul style="list-style-type: none"> <li>• Vibhagiya pranayama (Sectional breathing).</li> <li>• Sukha Pranayama (Breath awareness).</li> <li>• AnulomaViloma/NadiShuddhi.</li> <li>• Surya AnulomaViloma/Surya BhedanaPranayama.</li> <li>• Chandra AnulomaViloma/Chandra Bhedana Pranayama.</li> </ul>	
<p><b>E. Preparation of Records and Reports</b></p>	

**Note:** The practical classes shall be adapted to the physically challenged students as per requirement.

**Pedagogy:** The course shall be taught through Lectures, Practical class performance, Interactive Sessions, Materials, Assignments, Seminars, Group discussions, Intramural, Extramural, and Mass Demonstration

<b>Formative Assessment</b>	
<b>Assessment type</b>	<b>Marks</b>
Theory	Theory - 60 Marks + Internal - 40 Marks = <b>100</b>
Practical	Practical - 25 Marks + Internal - 25 Marks= <b>50</b>
<b>Total</b>	<b>150 Marks</b>

**Reference:**

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3. William, J. F. (1964). The principles of physical education. Philadelphia:W.B. Saunders Co.

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5. Singh Hardayal (1991), Science of Sports Training, DVS Publication, New Delhi
6. Muller, J. P. (2000). Health, Exercise and Fitness. Delhi : Sports.
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8. Uppal, A.K. (1992). Physical Fitness. New Delhi : Friends Publication.
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14. Shekar, K. C. (2003). Yoga for health. Delhi: Khel Sahitya Kendra..
15. Amit Arjun Budhe, (2015) Career aspects and Management in Physical Education, Sports Publication, New Delhi
16. Pinto John and Ramachandra K (2021) Kannada Version, DaihikaShikshanada Parichaya, Louis Publications, Mangalore
17. World Athletics Manual
18. Officiating and Coaching, Dr. Anil Kumar Vanaik, 2017, Friends Publications (India), Ist Edition, Daryaganj, New Delhi
19. Officiating, Coaching, Training Methods and Recreation in Physical Education, Dr. Md. Attaullah Jagirdar, 2015, Khel Sahitya Kendra, Daryaganj, New Delhi.



**SEMESTER I**  
**OPEN ELECTIVE PAPER**

Title of the course: **YOGA AND FITNESS**

(B.A/B.Sc./B.Com./B.B.A./B.C.A and all other U.G Courses)

**Course outcomes**

**On completion of the Course the student will be able to:**

- Understand the principles of practicing asanas and fitness activities.
- Learn the various concepts of fitness and general and specific conditioning for the same.
- Practically learn the principles of implementing fitness activities and yoga.
- Perform specific activities to develop motor abilities.
- Perform fitness activities to improve fitness.
- Perform prescribed asanas.
- Learn and practice recreational activities to develop fitness.
- Learn to prepare records and reports.

Number of Theory Credits	Number of lecture Hours/Semester	Number of Practical Credits	Number of Practical Hours/ Semester
<b>2</b>	<b>28 Hours</b>	<b>1</b>	<b>14 = 28 Hours</b>
<b>Content of Theory Course: 03 Credits (2-0-1)</b>			
<b>Theory</b> <ul style="list-style-type: none"> <li>• Meaning, Importance of Yoga and Fitness.</li> <li>• Types and Principles of Asanas.</li> <li>• Types of Fitness and their components.</li> <li>• General and Specific Conditioning and their importance.</li> <li>• Methods of developing Endurance, Strength, Speed, Agility, and Flexibility.</li> <li>• Nutrition for Fitness.</li> </ul>			<b>28 Hrs</b>
<b>Practical</b> <ul style="list-style-type: none"> <li>• General and Specific Warmup.</li> <li>• Specific Exercises for Endurance, Strength, Speed, Agility, and Flexibility.</li> <li>• Aerobics/Zumba/Dance/Pilates/Resistance training/Swiss balls/Jump rope/Fitness activities using varied equipment.</li> <li>• Yogasanas               <ul style="list-style-type: none"> <li>▪ Standing Asanas: Tadasana, Vrikshasana and</li> </ul> </li> </ul>			<b>28 Hrs</b>

<p style="text-align: center;">Trikonasana.</p> <ul style="list-style-type: none"> <li>▪ Sitting Asanas: Vajrasana, Badhakonasana and Vakrasana.</li> <li>▪ Supine lying Asanas: Pavanamuktasana, Sarvangasana and Navasana.</li> <li>▪ Prone lying Asanas: Bhujangasana, Shalabhasana and Dhanurasana.</li> </ul> <ul style="list-style-type: none"> <li>• Recreational games.</li> <li>• Preparation of records and reports.</li> </ul>	
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**Note:** The practical classes shall be adapted to the physically challenged students as per requirement.

<b>Formative Assessment</b>	
<b>Assessment type</b>	<b>Marks</b>
Theory	Theory Marks = <b>60</b>
Practical	Practical - 20 Marks, Internal - 20 Marks= <b>40</b>
<b>Total</b>	<b>100 Marks</b>

**Note:** Internal marks can be assigned for field work, projects, written tasks, and practical tasks.

#### **References:**

1. Ajith ‘Yoga pravesha’ Rashtrtana parishad Bangalore
2. B K S Iyengar ‘Light on Yoga’ Rashtrtana parishad Bangalore
3. B.K.S.Iyengar ‘Yoga the path to holistic Health’, Dorling Kindersley Delhi 2001
4. Leslie Kaminoff, Amy Matthews ‘Yoga Anatomy’ Human Kinetics U.S.A. 2007
5. Muller, J. P.(2000). Health, Exercise and Fitness. Delhi: Sports
6. Swami Sachidananda ‘the yoga sutras of Pathanjali Integral yoga Publications 2012.

**SEMESTER- I**  
**OPEN ELECTIVE PAPER**

Title of the Course: **SPORTS EVENT MANAGEMENT**  
(B.A/B.Sc./B.Com./B.B.A./B.C.A and all other U.G Courses)

**Course outcomes:-**

On completion of the course the student will be able to:

- Understand the meaning and salient features of sports event management.
- Learn the various sports-related events and required skills for their management.
- Learn the application of financial and human resource management in organizing sports events.
- Know the various gadgets, implements, and equipment used in conducting sports events.
- Undergo practical exercises in conducting various sports-related events.
- Get the opportunity to visit and learn the variation in sports event management.
- Learn to prepare records and reports.

Number of Theory Credits	Number of Lecture Hours/semester	Number of Practical Credits	Number of Practical hours/ semester
2	28	1	14 = 28 Hours
<b>Contents of the Course: 03 Credits</b> <b>(2 – 0 – 1)</b>			
<b>Theory</b> <ul style="list-style-type: none"> <li>• Meaning, definition, and importance of Sports Event Management.</li> <li>• Scope of Sports Event Management.</li> <li>• Types of Sports Events and Principles of Sports Event Management.</li> <li>• Financial and Human resource planning in Sports Event Management.</li> <li>• Sports Events- modalities of organization, event-specific equipment, and gadgets utilized – Major sports such as athletic events and games, road races and marathons, traditional and folk events, Sports conferences, and workshops.</li> <li>• Sponsorship and Sports Event Management.</li> </ul>			<b>28 Hrs</b>

Continued...

<p><b>Practical</b></p> <ul style="list-style-type: none"> <li>• Organizing project athletic meet.</li> <li>• Organizing project competitions in games.</li> <li>• Organizing project road races.</li> <li>• Participation and visits to various sports events and preparation of reports: Financial outlay, sponsorship usage, marketing and media, human resources management, competitions rules and regulations, equipment and gadgets used, Management of volunteers.</li> <li>• Preparation of records and reports.</li> </ul>	<b>28 Hrs</b>
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**Note:** The practical classes shall be adapted to the physically challenged students as per requirement.

<b>Formative Assessment</b>	
<b>Assessment type</b>	<b>Marks</b>
Theory	Theory Marks = <b>60</b>
Practical	Practical - 20 Marks Internal - 20 Marks= <b>40</b>
<b>Total</b>	<b>100 Marks</b>

**Reference:**

1. Bachelor of Sports Management Syllabus (Revised)2008.
2. Chandan, J S: Management – Concepts and Strategies, Vikas Publishing.
3. Daft, R L : Management, Thomson.
4. Harold Koontz & Heinz Weihrich, Essentials of Management, Tata McGraw Hill, 201, Reference Book: 1. Stoner, Freeman, Gilbert Jr., Management.
5. Ramaswami T; Principles of Mgmt., Himalaya Publishing.
6. Robbins, SP : Management, Prentice Hall.
7. Sports Marketing – A strategic perspective by Matthew D. Shank, Prentice Hall.
8. Stoner J and Freeman RE: Management; Prentice-Hall.
9. V.S.P Rao&Hari Krishna: Management-Text &Cases,Excel Books.
10. Weihrich and Koontz, et al: Essentials of Management; Tata McGraw Hill.

**SEMESTER - I**  
**Skill Enhancement Courses (SEC-1)**  
**PHYSICAL EDUCATION**

Title of the course: **HEALTH, WELLNESS, AND YOGA**  
(B.A/B.Sc./B.Com./B.B.A./B.C.A and all other U.G Courses)

**Course outcomes**

On completion of the Course the student will be able to:

- Understand the benefits, and principles of the practice of yoga.
- Perform asanas, kriyas and pranayama.
- Conduct classes in selected yoga practices.
- Learn the importance of sports and fitness.
- Perform warm-up exercises and exercises to develop fitness.
- Understand the concepts and significance of health and wellness.
- Understand the role of physical activities in developing health and wellness.
- Perform various physical and fitness activities to develop health and wellness.
- Perform related tests to assess parameters related to health.
- Learn to prepare records and reports.

Number of Credits	Number of lecture hours/ semester	
2	4 Hours/Week	
Activity-Based Practical Course Content		Hours
<b>UNIT 1:- INTRODUCTION:</b> <ul style="list-style-type: none"> <li>• Meaning, Definition, and Importance of Health &amp; Wellness.</li> <li>• Dimensions of Health and Wellness.</li> <li>• Factors influencing Health and Wellness.</li> <li>• Physical Fitness, Nutrition, Habits, Age, Gender, Lifestyle, and environment.</li> <li>• Health and Wellness through Physical Activities.</li> <li>• Sports, Games, Yoga, Recreation, and Leisure time activities.</li> <li>• Causes of Stress &amp; Stress management through Exercise and Yoga.</li> </ul> <b>UNIT 2:- PRACTICAL- EXERCISES FOR HEALTH AND WELLNESS:</b> <ul style="list-style-type: none"> <li>• Warm-Up and Cool Down - General and Specific Exercises.</li> <li>• Physical Fitness Activities.</li> <li>• Stretching Exercises.</li> <li>• Strengthening Exercises.</li> <li>• Cardiovascular Exercises.</li> <li>• Flexibility and Agility Exercises.</li> <li>• Assessment of BMI.</li> <li>• Relaxation techniques.</li> </ul>		56 Hrs
Continued....		

**UNIT 3:- YOGA:**

- Shitalikarna Vyayama.
- Suryanamaskara.
- Basic Set of Yoga Asanas.
- Basic Set of Pranayama and Meditation.

**Note:** The practical classes shall be adapted to the physically challenged students as per requirement.

<b>Formative Assessment</b>	
<b>Assessment type</b>	<b>Weightage in Marks</b>
<b>Activity Based Practical</b>	<b>IA-Internal Assessment- 50 Marks</b> <ul style="list-style-type: none"> <li>● Skills/Physical Fitness Test =10</li> <li>● Classroom Activity (Discipline, Mass Participation Activity, Punctuality)= 10</li> <li>● Project/ Record=20</li> <li>● Performance = 10*</li> </ul>
<b>Total</b>	<b>50 marks</b>

**Note:.\***Due Weightage in the Internal Assessment shall be given to the Achievement of Sportsmen of the institution.

**References:**

1. Russell, R.P.(1994). Health and Fitness through Physical Education. USA:Human Kinetics.
2. Uppal, A.K. (1992). Physical Fitness. New Delhi : Friends Publication.
3. Nagendra,H. R.&Nagarathna,R.(2002).Samagra Yoga Chikitse. Bengaluru: Swami Vivekananda Yoga Prakasana.
4. Kumar, Ajith. (1984) Yoga Pravesha. Bengaluru: Rashthrothanna Prakashana.
5. D.M Jyoti, Yoga and Physical Activities (2015) lulu.com3101, Hillsborough, NC27609, United States
6. AAPHERD “Health related PhysicalFitnessTestManual.”1980 Published by Association drive Reston Virginia
7. Bucher.C.A (1979) foundation of Physical Education (5th Edition Missouri CV Mosby Co.)
8. Puri .k. Chandra S.S (2005) “Health and Physical Education” New Delhi : Surjeet Publication
9. Thomas D Fahey and others. Fit and well : 6th Edition New York :McGraw Hill Publishers, 2005

10. Dixit Suresh (2006) SwasthyaShiksha sports Publications Delhi.
11. Uppal A K &Gautam G P (2008) Health and Physical Education. Friends Publication New Delhi
12. Pinto John and Roshan Kumar (2021) “Introduction to Physical Education”, Louis Publication. Mangalore
13. Shanti K Y (1987) “The Science of Yogic Breathier” (Pranayama) D B Bombay
14. Pinto John and Ramachandra K (2021) Kannada Version “Dahika Sikshanada Parichaya” Louis publications. Mangalore

**SEMESTER- II**  
**Programme B.A/B.Sc.,**  
**Title of the Course: DSC-2**  
**LIFESTYLE MANAGEMENT**

**Course outcomes:-**

On completion of the Course the student will be able to:

- Understand the meaning of lifestyle management and its significance.
- Understand the types of fitness and their significance and methods of developing them.
- Understand the yogic principles and their applications in improving lifestyle.
- Know the importance of diet, and the applications of a proper diet plan to improve lifestyle.
- Know the meaning of physical literacy and movement patterns.
- Understand the role of physical activity in improving health and fitness.
- Understand and perform warm-up and conditioning activities.
- Assess the skill-related fitness parameters and evaluate the same.
- Perform basic skills in a game and athletic event.
- Perform basic asanas and pranayama.
- Learn to prepare records and reports.

<b>Number of Theory Credits</b>	<b>Number of Lecture Hours/semester</b>	<b>Number of practical Credits</b>	<b>Number of Practical Hours/ Semester</b>
<b>4</b>	<b>52-56</b>	<b>2</b>	<b>52-56</b>
<b>Content of theory Course – 2 06 Credits (4-0-2)</b>			
<b>UNIT1: INTRODUCTION TO LIFESTYLE AND PHYSICAL FITNESS</b> <ul style="list-style-type: none"> <li>• Meaning, definitions of Physical Fitness and Life Style.</li> <li>• Need and benefits of Physical Fitness.</li> <li>• Health Related Fitness Components: Cardiovascular Endurance, Muscular Strength, Muscular Endurance, Flexibility, and Body Composition.</li> <li>• Skill-Related Physical Fitness Components: Agility, Balance, Coordination, Power, Reaction Time, and Speed.</li> </ul>			<b>12 Hrs</b>

Continued....



<p><b>UNIT 2: PRINCIPLES OF YOGIC PRACTICES AND HEALTHY LIFESTYLE</b></p> <ul style="list-style-type: none"> <li>• Yogic principles related to Jnana Yoga, Karma Yoga, Bhakti Yoga, and Raja Yoga / Astanga Yoga.</li> <li>• Yogic Life Style: Ahara, Vihara, Vichara, Achara, and Vyavahara.</li> <li>• Components of lifestyle and their management: Diet, Exercise, Sleep Rest, and habits.</li> </ul>	<p><b>14 Hrs</b></p>
<p><b>UNIT3: NUTRITIONAL CONSIDERATIONS FOR A HEALTHY LIFESTYLE</b></p> <ul style="list-style-type: none"> <li>• Balanced Diet: Meaning and its importance for different age groups and physically active person.</li> <li>• Components of a Balance Diet and their importance: <ul style="list-style-type: none"> <li>▪ Macronutrients: Carbohydrates, Protein, Fat.</li> <li>▪ Micronutrients: Vitamins and Minerals.</li> <li>▪ Fibers and Water.</li> <li>▪ Lifestyle diseases and their management.</li> </ul> </li> </ul>	<p><b>16 Hrs</b></p>
<p><b>UNIT4: PHYSICAL LITERACY FOR ACTIVE LIFESTYLE</b></p> <ul style="list-style-type: none"> <li>• Meaning, definition, and importance of Physical Literacy.</li> <li>• Core elements of Physical Literacy.</li> <li>• Fundamental Movements- Art of Walking, Running, Jumping, and Throwing.</li> <li>• Contribution of physical activities towards adopting a healthy lifestyle.</li> </ul>	<p><b>14 Hrs</b></p>
<p><b>Content of Practical Course 2:Practical (02 Credits/56 hours)</b></p>	<p><b>Hours</b></p>
<p>A. Specific Warm-Up / Lead-Up Activities For Sports And Games.</p> <p>B. Training And Assessment Of Skill-Related Fitness: Agility, Balance, Speed, Co-Ordination, Power, And Reaction Time.</p> <p><b>C. Advanced Asanas</b> (As Per The Reference Books: <b>Two (02)</b> asanas from each).</p> <ul style="list-style-type: none"> <li>• Standing Asanas.</li> <li>• Sitting Asanas.</li> <li>• Prone Asanas.</li> <li>• Supine Asanas.</li> <li>• Meditative Asanas.</li> </ul> <p style="text-align: right;">Continued.....</p>	<p><b>56 Hrs</b></p>

<p><b>Advanced Pranayama (Any Two)</b></p> <ul style="list-style-type: none"> <li>• Bhramari &amp; Cooling pranayama. (Sheethali/Sheethkari/Sadhantha).</li> <li>• Kapalabhathi/Basthrika.</li> <li>• Ujjayi Pranayama.</li> <li>• Kumbhaka Pranayama.</li> </ul>	
<p><b>D. GAMES AND TRACK &amp; FIELD</b></p> <ul style="list-style-type: none"> <li>• One major game and one individual sport among the list of IOA, AIU, and SGFI: Rules and regulations of the game and officiating.</li> <li>• Introduction to Track and Field Events. Athletic rules as recognized by the Athletics Federation. Marking of Track and Field &amp; Officiating.</li> </ul>	
<p><b>E. Preparation of Records and Reports.</b></p>	

**Note:** The practical classes shall be adapted to the physically challenged students as per requirement.

**Pedagogy:** The course shall be taught through Lectures, Practical class performance, Interactive Sessions, Materials, Assignments, Seminars, Group discussions, Intramural, Extramural and Mass Demonstration

<b>Formative Assessment</b>	
<b>Assessment type</b>	<b>Marks</b>
Theory	Theory - 60 Marks + Internal - 40 Marks = <b>100</b>
Practical	Practical - 25 Marks+ Internal - 25 Marks= <b>50</b>
<b>Total Marks</b>	<b>150 Marks</b>

**Reference:**

1. Fitness and Wellness, Werner. W.K. Hoegar, Sharon.A. Hoegar, 1990, Morton Publishing Company, Englewood, Colorado.
2. Fit to be Well, Alton L.Thygerson, Karl L.Larson, Jones and Bartlett Publishers, Sudbury.
3. Fitness Education, Teaching Concepts – Based Fitness in Schools, 1997, Garsuchscaris brick Publishers, Arizona.
4. Health, Exercise and Fitness, Dr. Briz, Mohan.T.Raman, Sports Publications, Darya Ganj, New Delhi.
5. Introduction to Physical Education, Fitness and Sport, 5<sup>th</sup> Edition, DarySidentop, McGraw Hill 007-123271-0 ISBN.
6. Physical Fitness and Wellness, Dr. Samjay R. Agashe, KhelSahithya Kendra, 7/26

Ansari Road, Darya Ganj, New Delhi.

7. Fit & Well, 4<sup>th</sup> Edition, Thomas D. Fahey, Paul M. Insel, Walton T. Roth, Mayfield Publishing company, Mayfield Publishing Company, London.
8. Pinto, John and Ramachandra K (2021) Kannada Version, DaihikaShikshanadaParichaya, Louis Publications, Mangalore.
9. Track & Field Training & Movement science-Theory and Practice for all Disciplines, Dr. Henko. K, Struder, 2021, Meyer & Meyer Sport (UK) publishers, Germany.
10. Pinto, John and Roshan Kumar Shetty (2021) Introduction to Physical Education, Louis Publications, Mangalore.
11. "Nutrition Education", Anjali Pattanaik, (2004), Published by Chaman Enterprises, Patoudi House, New Delhi.
12. A Practical Approach to Measurement in Physical Education, 1979, 3rd Edition, Barrow. M. Harold, Rosemary. MC. Gee, Lea & Febiger, Philadelphia
13. Abels, K. & Bridges, J. M. (2010) Teaching Movement Education: Foundations for active lifestyles. Human Kinetics.
14. Graham, G., Holt, Shirley & Parker, Melissa (1993) Children Moving. A Reflective Approach to Teaching Physical Education with Movement Analysis, Wheel 3rd Edition, Mayfield Publishing Company.
15. Yoga for Promotion of Positive Health, 2011. Dr. H.R. Nagendra and Dr. R. Nagarathna, Swamy Vivekananda Yoga Prakashna, Bangalore.
16. "Asana, Pranayama, Mudra, Bandha", 1969, Swamy Sathananda Saraswati, Bihar Yoga Bharati, Munger.
17. "Four Yoga of Swamy Vivekananda", 1979, Swamy Tapasyananda, Adwaita Prakashana, Ramakrishna Ashrama, Calcutta.
18. New Perspectives in Stress Management, 2014, Dr. H.R. Nagendra, Swamy Vivekananda Yoga Prakashna, Bangalore.
19. Pranic Energization Technique, 2005, Dr. H.R. Nagendra, Swamy Vivekananda Yoga Prakashna, Bangalore.
20. Mind, Sound, Resonance Technique, 2005, Dr. H.R. Nagendra, Swamy Vivekananda Yoga Prakashna, Bangalore.

**SEMESTER II**  
**OPEN ELECTIVE PAPER**

Title of the course: **PHYSICAL FITNESS FOR CAREERS**  
(B.A/B.Sc.,/B.Com.,/B.B.A./B.C.A and all other U.G Courses)

**Course outcomes**

**On completion of the Course the student will be able to:**

- Understand the principles of practicing asanas and fitness activities.
- Learn the various concepts of fitness and general and specific conditioning for the same.
- Practically learn the principles of implementing fitness activities and yoga.
- Perform specific activities to develop motor abilities.
- Perform fitness activities to improve fitness.
- Perform prescribed asanas.
- Learn and practice recreational activities to develop fitness.
- Know the careers opportunities in physical education and Yoga.
- Learn to prepare records and reports.

Number of Theory Credits	Number of lecture Hours/Semester	Number of Practical Credits	Number of Practical Hours/ Semester
<b>2</b>	<b>28 Hours</b>	<b>1</b>	<b>14 = 28 Hours</b>
<b>Content of Theory Course – 03 Credits</b>		<b>(2-0-1)</b>	

<p><b>Theory:</b></p> <ul style="list-style-type: none"> <li>• Importance of physical Fitness for professionals.</li> <li>• Physical fitness Standards for different professional recruitment (Men and Women).</li> <li>• Mode of Selection and Qualifying Standards.</li> <li>• Standard Fitness Tests:               <ul style="list-style-type: none"> <li>▪ Fitness Tests for Defence Forces, PSI, Police Constable, FireForce, Forest Department, Electricity board, Professional Courses-Sports &amp; Physical Education.</li> </ul> </li> <li>• Importance of General and Specific Conditioning.</li> <li>• Specific Tests of Strength, Speed, Agility, Flexibility, Coordinative abilities.</li> </ul>	<b>28 Hrs</b>
<p><b>Practical:</b></p> <ul style="list-style-type: none"> <li>• General and Specific Warm-up.</li> <li>• Training for Endurance, Speed, Strength, Agility, and Flexibility.</li> <li>• Physical Fitness Tests: Strength, Speed, Agility, Flexibility, and Coordinative abilities.</li> </ul>	<b>28 Hrs</b>

**Note:** The practical classes shall be adapted to the physically challenged students as per requirement.

<b>Formative Assessment</b>	
<b>Assessment type</b>	<b>Marks</b>
Theory	Theory Marks = <b>60</b>
Practical	Practical - 20 Marks, Internal - 20 Marks= <b>40</b>
<b>Total</b>	<b>100 Marks</b>

**Note:** Internal marks can be assigned for field work, projects, written tasks & practical tasks.

**References:**

1. A Practical Approach to Measurement in Physical Education, 1979, 3rd Edition, Barrow.M. Harold, Rosemary.Mc.Gee, Lea &Febiger, Philidelphia
2. AAPHERD “Health related Physical Fitness Test Manual.” 1980 Published by Association drive Reston Virginia
3. Muller, J. P.(2000). Health, Exercise and Fitness. Delhi: Sports.
4. Russell, R.P.(1994). Health and Fitness through Physical Education. USA: Human Kinetics
5. Singh Hardayal (1991), Science of Sports Training, DVS Publication, New Delhi
6. Uppal, A.K. (1992). Physical Fitness. New Delhi : Friends Publication.

**SEMESTER- II**  
**OPEN ELECTIVE PAPER**

Title of the Course: **SPORT AND RECREATION**  
(B.A/B.Sc.,/B.Com.,/B.B.A./B.C.A and all other U.G Courses)

**Course outcomes**

**On completion of the Course the student will be able to:**

- Know the role of recreational activities in improving health and fitness.
- Learn the different types of sports and recreational activities.
- Understand the educational values of practicing recreational and sports activities.
- Get a hands-on experience in sports and recreational activities.
- Get hands-on experience in organizing sports and recreational activities.
- Learn to prepare records and reports.

Number of Theory Credits	Number of Lecture Hours/semester	Number of Practical Credits	Number of Practical hours/ semester
2	28	1	14 = 28 Hours
<b>Contents of the Course- 03 Credits (2-0-1)</b>			
<p><b>Theory:</b></p> <ul style="list-style-type: none"> <li>• Meaning, Definition, and Concept of sports and Recreation.</li> <li>• Objectives, Characteristics, and Principles of Recreation.</li> <li>• Importance, and Benefits of sports and Recreation.</li> <li>• Types of Recreation and agencies.</li> <li>• Recreation through Sports and Games.</li> <li>• Use of Leisure Time Activities and their educational values.</li> </ul>			<b>28 Hrs</b>
<p><b>Practical:</b></p> <ul style="list-style-type: none"> <li>• Traditional, Folk, and Indigenous Games.</li> <li>• Outdoor camp and Hiking.</li> <li>• Cycling in collaboration with District/ State Association.</li> <li>• Visits to Recreational Clubs.</li> </ul>			<b>28 Hrs</b>

**Note:** The practical classes shall be adapted to the physically challenged students as per requirement.

<b>Formative Assessment</b>	
<b>Assessment type</b>	<b>Marks</b>
Theory	Theory Marks = <b>60</b>
Practical	Practical - 20 Marks      Internal - 20 Marks= <b>40</b>
<b>Total</b>	<b>100 Marks</b>

**Reference:**

1. Bucher. C. A (1979) Foundations of Physical Education (5<sup>th</sup> edition Missouri CV Mosby Co.)
2. Coalter, F. (2013) Sport for Development: What game are we playing? Routledge.
3. Puri .k. Chandra S.S (2005) “Health and Physical Education” New Delhi : Surjeet Publications.
4. Thomas D Fahey and others. Fit and well: 6th Edition New York : McGraw Hill Publishers, 2005.

**SEMESTER - II**  
**Skill Enhancement Courses (SEC-2)**  
**Physical Education**

Title of the course: **SPORTS – I**  
(B.A/B.Sc./B.Com./B.B.A./B.C.A and all other U.G Courses)

**Course outcomes:**

On completion of the Course the student will be able to:

- Learn to participate in sports activities.
- Learn the rules and regulations of sports activities.
- Practice the skills of a game and athletic events.
- Learn various fitness activities.
- Teach and organize intramural and extramural competitions.
- Learn to prepare records and reports.

Number of Credits	Number of lecture hours/ semester	
2	4 Hours/Week	
<b>Activity-Based Practical Course Content – 02 Credits (0-0-2)</b>		<b>Hours</b>
<ul style="list-style-type: none"> <li>• Conditioning exercises.</li> <li>• Aerobics and Calisthenics.</li> <li>• Basic Skills of one major and one indigenous game.</li> <li>• Athletics - One Track/One Throw/One Jump.</li> <li>• Organization of Intramural competitions in the respective games.</li> <li>• Preparation of records and reports.</li> <li>• Proficiency in particular Sport: <ul style="list-style-type: none"> <li>- Rules &amp; Regulations.</li> <li>- Marking &amp; Play field Management.</li> <li>- Officiating.</li> </ul> </li> </ul>		<b>56 Hrs</b>

**Note:**

- Games may be selected based on student strength and the facilities available in the college.
- No game/athletic events shall be repeated in successive/any semesters
- The practical classes shall be adapted to the physically challenged students as per requirement.



<b>Formative Assessment</b>	
<b>Assessment type</b>	<b>Marks</b>
<b>Activity Based Practical</b>	<b>IA-Internal Assessment- 50 Marks</b> <ul style="list-style-type: none"> <li>● Skills/Physical Fitness Test =10</li> <li>● Classroom Activity (Discipline, Mass Participation Activity, Punctuality)= 10</li> <li>● Project/ Record=20</li> <li>● Performance = 10*</li> </ul>
<b>Total</b>	<b>50 marks</b>

**Note:** \*Due Weightage in the Internal Assessment shall be given to the Achievement of sportsmen of the institution.

#### **References:**

1. Muller, J. P.(2000). Health, Exercise and Fitness. Delhi :Sports.
2. World Athletics Manual
3. Vanaik.A (2005) Play Field Manual, Friends Publication New Delhi
4. M.J Vishwanath, (2002) Track and Field Marking and Athletics Officiating Manual , Silver Star Publication,Shimoga.
5. Steve Oldenburg (2015) Complete Conditioning for Volleyball, Human Kinestics.

**SEMESTER- III**  
**Programme B.A/B.Sc.,**  
**Title of the Course: DSC-3**  
**SPORTS TRAINING AND COACHING**

**Course outcomes:-**

On completion of the Course the student will be able to:

- Learn the meaning and principles of Sports Training
- Understand the components of fitness and methods of training.
- Learn the meaning of Periodization and the characteristics of training plans.
- Implement basic training plans for fitness and performance.
- Learn to prepare records and reports.

Number of Theory Credits	Number of Lecture Hours/Semester	Number of practical Credits	Number of Practical Hours/ Semester
4	52-56	2	52-56
<b>Content of theory course – 06 Credits (4-0-2)</b>			
<b>Unit – 1 INTRODUCTION</b> <ul style="list-style-type: none"> <li>• Introduction to Sports Training.</li> <li>• Meaning, Definition, Aim and Objectives of Sports Training.</li> <li>• Need and Importance of Sports Training.</li> <li>• Principles of Sports Training- General principles, principles of overload.</li> </ul>			<b>14 Hrs</b>
<b>UNIT-2 TRAINING COMPONENTS:</b> Training Components: <ul style="list-style-type: none"> <li>• Strength (Isometric, Isotonic &amp; Isokinetic).</li> <li>• Speed.</li> <li>• Endurance.</li> <li>• Flexibility.</li> <li>• Agility &amp; Coordinative abilities.</li> </ul> Sports Training Methods and their Effects: <ul style="list-style-type: none"> <li>• Continuous Training</li> <li>• Interval Training</li> <li>• Fartlek Training</li> <li>• Circuit Training and</li> <li>• Weight Training.</li> </ul>			<b>14 Hrs</b>

<b>UNIT- III COACHING:</b> <ul style="list-style-type: none"> <li>• Meaning, Definition and Importance of Coaching.</li> <li>• Principles of Coaching.</li> <li>• Qualities and Qualifications of a Coach.</li> <li>• Responsibilities and Duties of a Coach (Pre, During &amp; Post - Training and Competition).</li> </ul>	<b>14 Hrs</b>
<b>UNIT- IV TRAINING PROGRAM AND PLANNING:</b> <ul style="list-style-type: none"> <li>• Competition Preparation.</li> <li>• Periodization- Meaning and Importance.</li> <li>• Cycles of Training- Micro, Meso and Macro.</li> <li>• Individual Preparation and Team Cohesion.</li> <li>• Psychological Preparation.</li> </ul>	<b>14 Hrs</b>
<b>Content of Practical Course 3: Practical (02 Credits/56 Hours)</b>	<b>Hours</b>
<b>SPORTS PROFICEINCY</b>	
<b>Basic Fitness, Training and Assessment</b> <ul style="list-style-type: none"> <li>• Brief Introduction of Particular Sport/Game (Among the list of IOA, AIU, SGFI).</li> <li>• Play Field Technology- Construction, Marking and Equipment.</li> <li>• Specific Fitness for specific Sport/Game.</li> <li>• Basic Asanas and Pranayama for Fitness and Recovery.</li> <li>• Basic Skill, Drills and Techniques of the Game.</li> <li>• Officiating of the Specific Game.</li> </ul>	<b>56 Hrs</b>

**Note:**

- Practical classes will be conducted in any two games depending on the facilities available in the college.
- The practical classes shall be adapted to the physically challenged students as per requirement.

**Pedagogy:** The course shall be taught through Lectures, Practical class performance, Interactive Sessions, Materials, Assignments, Seminars, Group discussions, Intramural, Extramural and Mass Demonstration

<b>Formative Assessment</b>	
<b>Assessment type</b>	<b>Marks</b>
Theory	Theory - 60 Marks + Internal - 40 Marks = <b>100</b>
Practical	Practical - 25 Marks+ Internal - 25 Marks= <b>50</b>
<b>Total</b>	<b>150 Marks</b>

## Reference:

1. Principles of Sports Training, 2012, Dr.SMT.K.G. Jadhav, Khel Sahitya Kendra,Darya Ganj, New Delhi
2. Principles of Coaching and Officiating, 2012, Piyush Jain & Dr.C.S.Tomar, Khel Sahitya Kendra, Darya Ganj, New Delhi
3. Periodization of Training, 2015, Prof.Kankanala Venkateshwarlu, Saran Graphics, Jawaharnagar, Hyderabad
4. Sports Training, 2017, Dr.Vikram Shankarrao Kunturwar, Khel Sahitya Kendra, Darya Ganj, New Delhi
5. Psychology of Coaching, 2016, Dr.N.K.Sharma, Educational Publishers and Distributors, Laxminagar, New Delhi
6. Sports Coaching, 2011, Dr.Rajnikant.P.Patel & Vijay Singh Gurjar, KSK Publishers & Distributors, Darya Ganj, New Delhi
7. Sports Psychology for Coaches, 2013, , Khel Sahitya Kendra, Darya Ganj, New Delhi
8. Principles of Officiating, 2012, Prof.Dabir.R.Qureshi, Sports Publications, AnsariRoad, New Delhi
9. Sports Training, 2018, Prof.Satyanarayana, Sports Publication, Darya Ganj, New Delhi.
10. Officiating and Coaching, 2013,Dr.Amit Arjun Budhe, Sports Publication, Darya Ganj, New Delhi
11. Training, Teaching, Coaching and Officiating in Physical Education, 2015, Sports Publication, Darya Ganj, New Delhi
12. Principles of Sports Training, 2018, Dr.Tarun Routhan, Sport Publication, Sports Publication, Darya Ganj, New Delhi.
13. Scientific Methods of Coaching and Training, 2012, Dr. Rajeev Kumar, Sport Publication, Sports Publication, Darya Ganj, New Delhi
14. Hardayal singh 1991 Science of Sports training, new Delhi, D.V.S. Publication.

**SEMESTER III**  
**OPEN ELECTIVE PAPER**

Title of the course: **HEALTH AND SAFETY EDUCATION**  
(B.A/B.Sc.,/B.Com.,/B.B.A./B.C.A and all other U.G Courses)

**Course outcomes**

**On completion of the Course the student will be able to:**

- Understand the basic concepts of health education.
- Examine the lifestyle choices and their impact on overall health issues.
- Understand the various communicable and non communicable diseases.
- Understand the basic concepts of safety education.
- Develop the skills and techniques for first aid.
- Learn to prepare records and reports.

Number of Theory Credits	Number of lecture Hours/Semester	Number of Practical Credits	Number of Practical Hours/ Semester
2	28	1	14=28 Hours
<b>Content of Theory Course – 03 Credits (2-0-1)</b>			<b>Hours</b>
<b>THEORY</b> <ul style="list-style-type: none"> <li>• Factors Influencing on Health: Heredity, Environment and Habits.</li> <li>• Physical and Mental Health- Meaning and Dimensions.</li> <li>• Personal Hygiene – Skin, Mouth, Teeth, Nails, Clothing, Shoes, Food, Exercises.</li> <li>• Sleep and Relaxation.</li> <li>• Meaning and Definition of Communicable and non-communicable Diseases.</li> <li>• Causes for Communicable and non-communicable diseases.</li> <li>• Preventive measures of Malaria, Filariasis, Typhoid, Cholera, Dysentery, Smallpox, Whooping Cough, Tuberculosis and AIDS.</li> <li>• General Methods of Sanitation and water purification.</li> <li>• Safety Measures and Precaution: At Home, Street, and Play Ground.</li> <li>• First Aid: Introduction, Principles of First Aid, Duties of First Aider.</li> </ul>			<b>28 Hrs</b>
<b>PRACTICAL</b> <ul style="list-style-type: none"> <li>• Common First Aid procedure.</li> <li>• First Aid Requirements during Sports Competition. Actions during emergencies: cardiac arrest, Fractures, Breathlessness, Cramps, Sprains, Strain.</li> </ul> <p><b>Note:</b> The practical classes shall be adapted to the physically challenged students as per requirement.</p>			<b>28 Hrs</b>

<b>Formative Assessment</b>	
<b>Assessment type</b>	<b>Marks</b>
Theory	Theory Marks = <b>60</b>
Practical	Practical - 20 Marks , Internal - 20 Marks= <b>40</b>
<b>Total</b>	<b>100 Marks</b>

**Note:** Internal marks can be assigned for field work, projects, written tasks & practical tasks .

### **References:**

1. Bucher. C. A (1979) Foundations of Physical Education (5<sup>th</sup> edition Missouri CV Mosby Co.)
2. Coalter, F. (2013) Sport for Development: What game are we playing? Routledge.
3. Puri .k. Chandra S.S (2005) “Health and Physical Education” New Delhi : Surjeet Publications.
4. Thomas D Fahey and others. Fit and well: 6th Edition New York : McGraw Hill Publishers, 2005
5. Wellgoose. (1977). Health Teaching in secondary Carl. E. Schools: W.B. Saunders.
6. Wilson, Kathleen J. W. (1987). Anatomy and Physiology, Health and illness. 6th Edition. Churchill Livingstone Edinburgh.
7. Nemir, A. (n.d.). The school health education. New York: Harber and Brothers.
8. Prarce, J.W. (1984). Anatomy for students and Teachers of Physical Education, Edward Arnold & Co.
9. Michele Issel (2014). Health program planning and evaluation: A practical, systematic approach for community health. Burlington, MA: Jones & Bartlett Learning. ISBN: 978-1-284-02104-2
10. Glanz, K., Rimer, B.K. & Viswanath, K. (Eds.) (2008). Health behavior and health education: Theory, research and practice (4th ed.). San Francisco, CA: Wiley & Sons. ISBN 978-0-7879-9614-7.

**SEMESTER- III**  
**OPEN ELECTIVE PAPER**

Title of the Course: **SELF DEFENSE**

(B.A/B.Sc.,/B.Com.,/B.B.A./B.C.A and all other U.G Courses)

**Course outcomes**

**On completion of the Course the student will be able to:**

- Understand the meaning and need of self-defense.
- Understand the fitness requirements to implement self-defense.
- Learn the basic techniques of selected combative sports.
- Learn the defensive techniques applied from combative sports.
- Implement survival techniques during emergencies.
- Learn to prepare records and reports.

Number of Theory Credits	Number of Lecture Hours/semester	Number of Practical Credits	Number of Practical hours/ semester
2	28	1	14 = 28 Hours
<b>Contents of the Course- 03 Credits (2-0-1)</b>			<b>Hours</b>
<b>THEORY</b> <ul style="list-style-type: none"> <li>• Importance and need of self-defense.</li> <li>• Types of Defensive Skills.</li> <li>• Basic Concept and Defensive Skills of Karate, Judo, Taekwondo and Wrestling.</li> <li>• Conditioning Exercises - General and Specific Exercises.</li> <li>• Development of Strength and Speed.</li> <li>• Development of coordinative abilities.</li> </ul>			<b>28 Hrs</b>
<b>PRACTICAL</b> <ul style="list-style-type: none"> <li>• Basic Skills for Self – Defense.</li> <li>• Martial Arts.</li> <li>• Kick Boxing and Wrestling.</li> <li>• Defensive Skills- with and without sticks (Lathi).</li> <li>• Preparation of Report, Records and PPT.</li> </ul>			<b>28 Hrs</b>

**Note:** The practical classes shall be adapted to the physically challenged students as per requirement.

<b>Formative Assessment</b>	
<b>Assessment type</b>	<b>Marks</b>
Theory	Theroy Marks = <b>60</b>
Practical	Practical - 20 Marks , Internal - 20 Marks= <b>40</b>
<b>Total</b>	<b>100 Marks</b>

### References:

1. “Darren Levine has my unqualified support and gratitude for his contributions to Krav Maga.” –ImiLichtenfeld, founder of Krav Maga
2. In the Name of Self-Defense:: What it costs. When it's worth it, 603 pages, Kindle Edition, first published July 2, 2014
3. Self Defense: The Ultimate Guide To Beginner Martial Arts Training Techniques (Martial Arts, Self Defense For Women, Self Defense Techniques Book 1) Kindle Edition
4. Taekwondo: A Step-by-Step Guide to the Korean Art of Self-Defense Paperback – 15 Jan 2003
5. The Self-Defense Handbook (English, Paperback, Fury Sam)
6. The Walking Stick Method of Self Defence Paperback – Import, 14 August 2018.



**SEMESTER - III**  
**Skill Enhancement Courses (SEC-3)**  
**PHYSICAL EDUCATION**  
 Title of the course: **SPORTS - II**

**Course outcomes**

**On completion of the Course the student will be able to:**

- Learn to participate in sports activities.
- Learn the rules and regulations of sports activities.
- Practice the skills of a game and athletic events.
- Learn various fitness activities.
- Teach and organize intramural and extramural competitions.
- Learn to prepare records and reports.

Number of Credits	Number of lecture hours/ semester	
2	4 Hours/Week	
Activity Based Practical Course Content – 02 Credits (0-0-2)		Hours
<ul style="list-style-type: none"> <li>• Conditioning exercises.</li> <li>• Aerobics and Calisthenics.</li> <li>• Basic Skills of one major and one indigenous game.</li> <li>• Athletics - One Track/One Throws/One Jump.</li> <li>• Organization of Intramural competitions in the respective games.</li> <li>• Preparation of records and reports.</li> <li>• Proficiency in particular Sport:                             <ul style="list-style-type: none"> <li>- Rules &amp; Regulations.</li> <li>- Marking &amp; Play field Management.</li> <li>- Officiating.</li> </ul> </li> </ul>		<b>56 Hrs</b>

**Note:**

- Games may be selected based on student strength and facilities available in the college.
- No game/athletic events shall be repeated in successive/any semesters
- The practical classes shall be adapted to the physically challenged students as per requirement.

<b>Formative Assessment</b>	
<b>Assessment type</b>	<b>Marks</b>
<b>Activity Based Practical</b>	<b>IA-Internal Assessment- 50 Marks</b> <ul style="list-style-type: none"> <li>● Skills/Physical Fitness Test =10</li> <li>● Classroom Activity (Discipline, Mass Participation Activity, Punctuality)= 10</li> <li>● Project/ Record=20</li> <li>● Performance = 10*</li> </ul>
<b>Total</b>	<b>50 marks</b>

**Note:** \*Due Weightage in the Internal Assessment shall be given to the Achievement of Sportsmen of the institution.

#### **References:**

1. Muller, J. P.(2000). Health, Exercise and Fitness. Delhi :Sports.
2. World Athletics Manual
3. Vanaik.A (2005) Play Field Manual, Friends Publication New Delhi
4. M.J Vishwanath, (2002) Track and Field Marking and Athletics Officiating Manual , Silver Star Publication,Shimoga.
5. Steve Oldenburg (2015) Complete Conditioning for Volleyball, Human Kinestics.

**SEMESTER- IV**  
**Programme B.A/B.Sc.,**  
**Title of the Course: DSC-4**  
**SPORTS INJURIES AND MANAGEMENT**

**Course outcomes:-**

On completion of the Course the student will be able to:

- Understand the meaning of Sports Injuries.
- Understand the common injuries occurring in sports and their immediate management.
- Know the causes of sports injuries and methods to treat them.
- Understand the methods of Rehabilitation of sports injuries.
- Get an insight into the first aid measures to treat sports injuries.
- Learn to prepare records and reports.

Number of Theory Credits	Number of Lecture Hours/semester	Number of practical Credits	Number of Practical Hours/ Semester
4	52-56	2	52-56
<b>Content Of Theory Course – 06 Credits (4-0-2)</b>			<b>HOURS</b>
<b>UNIT:- 1 INTRODUCTION TO SPORTS INJURIES</b> Meaning, Definition & Concept of Sports Injuries. <ul style="list-style-type: none"> <li>• <b>Classification of Sports Injuries -</b> <ul style="list-style-type: none"> <li>▪ Acute Injuries.</li> <li>▪ Over Use Injuries.</li> </ul> </li> <li>• <b>Common Sports Injuries:</b> <ul style="list-style-type: none"> <li>▪ Sprain, Strain and Cramps.</li> <li>▪ Fractures and Dislocation.</li> <li>▪ Abrasion and Contusion.</li> <li>▪ Cuts and Bruise.</li> </ul> </li> </ul>			<b>12 Hrs</b>
<b>UNIT – 2 CAUSES AND PREVENTION OF SPORTS INJURIES</b> <b>Causes</b> <ul style="list-style-type: none"> <li>• Accident.</li> <li>• Poor Training Practice.</li> <li>• Improper Equipment and Surfaces.</li> <li>• Lack of Conditioning.</li> <li>• Use of Supplements for Sports Performance.</li> </ul>			<b>14 Hrs</b>

<p><b>Prevention</b></p> <ul style="list-style-type: none"> <li>• Good Conditioning.</li> <li>• Scientific and Systematic Training.</li> <li>• Balanced Diet.</li> <li>• Specified Equipment, Surfaces and Sports Wears.</li> <li>• Misconceptions of Sports Injuries.</li> </ul>	
<p><b>UNIT - 3 MANAGEMENT OF SPORTS INJURIES</b></p> <ul style="list-style-type: none"> <li>• First Aid - Meaning and Definition First Aid.</li> <li>• Principles of First Aid.</li> <li>• First Aid Kit and its Importance.</li> <li>• Diagnosis and Treatment.</li> <li>• CPR for Sudden Cardiac Arrest in Sports.</li> <li>• RICE Treatment – Rest, Ice, Compression and Elevation. (PRICE, PRICER)</li> </ul>	<b>16 Hrs</b>
<p><b>UNIT - 4 REHABILITATION OF SPORTS INJURIES</b></p> <ul style="list-style-type: none"> <li>• Physical and Psychological Preparation.</li> <li>• Sports Therapy, Yoga, Pranayama, Meditation.</li> <li>• Massage and Relaxation Techniques.</li> <li>• Appropriate Measures to restart sports activities.</li> </ul>	<b>14 Hrs</b>
<p><b>CONTENT OF PRACTICAL COURSE: FIRST AID AND ATHLETIC CARE Practical (02 Credits/56 Hours)</b></p>	
<ol style="list-style-type: none"> <li><b>1. Use of First Aid Kit.</b></li> <li><b>2. Management Techniques of Injuries:</b> <ul style="list-style-type: none"> <li>• Taping and Wrapping.</li> <li>• Ice application.</li> <li>• Bandages.</li> </ul> </li> <li><b>3. Rehabilitation Exercises:</b> <ul style="list-style-type: none"> <li>• Active and Passive Exercises.</li> <li>• Resistance and Assisted Exercise.</li> <li>• Asanas and Pranayama.</li> </ul> </li> <li><b>4. Expand CPR Training.</b></li> <li><b>5. Modalities of therapy:</b> <ul style="list-style-type: none"> <li>• Cryotherapy.</li> <li>• Hydrotherapy.</li> <li>• Electro therapy.</li> <li>• Massage.</li> <li>• Contrast bath.</li> </ul> </li> <li><b>6. Preparation of related Records and Reports.</b></li> </ol>	<b>56 Hrs</b>

**Note:** The practical classes shall be adapted to the physically challenged students as per requirement.

**Pedagogy:** The course shall be taught through Lectures, Practical class performance, Interactive Sessions, Materials, Assignments, Seminars, Group discussions, Intramural, Extramural and Mass Demonstration

<b>Formative Assessment</b>	
<b>Assessment type</b>	<b>Marks</b>
Theory	Theory - 60 Marks + Internal - 40 Marks = <b>100</b>
Practical	Practical - 25 Marks+ Internal - 25 Marks= <b>50</b>
<b>Total</b>	<b>150 Marks</b>

**References:**

1. Sports Injuries – Types, Prevention & Treatment, 2012, H.K.Koushik, Sublime Publications, Jaipur, ISBN:978-81-8192-209
2. Sports Injuries,2013, Bhushan Kumar Mishra, Sports Publications, Darya Ganj, New Delhi, ISBN:978-81-7879-743-4
3. Sports Injuries and Rehabilitation, 2017, Dr.Sinku Kumar Singh, Khel Sahitya Kendra, Darya Ganj, New Delhi, ISBN:978-81-7524-590-5
4. Prevention And Treatment of Sports Injuries, 2000, Anju Ambast, Khel Sahitya Kendra, Shiv Market, Ashok Vihar, Delhi, ISBN: 81-7524-047-4
5. Sports Injuries, 2016, Khel Sahitya Kendra, Darya Ganj, New Delhi, ISBN:978-81-7524-862-5
6. Sports Injuries and Athletic Problems, 1996, 2nd Edition, Morris B.Mellion, MD, Surjeet Publications, Kamalanagar, Delhi

**SEMESTER- IV**  
**OPEN ELECTIVE PAPER**

Title Of The Course: **ADVENTURE SPORTS**

(B.A/B.Sc./B.Com./B.B.A./B.C.A And All Other U.G Courses)

**Course outcomes**

**On completion of the Course the student will be able to:**

- Understand the meaning and importance of Adventure sports.
- Learn the various types of adventure sports, the equipment and resources required to practice these sports.
- Learn the safety measures to be taken while practicing adventure sports.
- Be aware of the job opportunities in this area of sports.
- Perform selected adventure sports practically.
- Teach, plan and organize various adventure sports.
- Learn to prepare records and reports.

Number of Theory Credits	Number of lecture Hours/Semester	Number of Practical Credits	Number of Practical Hours/ Semester
2	28	1	14 =28 Hours
<b>Content of Theory Course – 03 Credits (2-0-1)</b>			<b>Hours</b>
<b>THEORY</b> <ul style="list-style-type: none"> <li>• Meaning, definition and importance of Adventure sports.</li> <li>• History, development, scope and objectives Adventure sports.</li> <li>• Recent trends in Adventure Sports.</li> <li>• Water sports – Canoeing, rafting, kayaking, scuba diving, snorkeling, surfing and paddling.</li> <li>• Aero sports: Ballooning, Hang gliding, Paragliding, Parasailing and Skydiving.</li> <li>• Mountaineering – Trekking, Rock climbing, Wall climbing and Bouldering.</li> <li>• Safety measures in adventure sports and first aid in adventure sports.</li> <li>• Career Opportunities in Adventure Sports.</li> </ul>			<b>28 Hrs</b>

<p><b>Practical</b></p> <ul style="list-style-type: none"> <li>• Fitness, Conditioning, Warming Up, Specific Exercises, Cooling Down.</li> <li>• Practical, teaching, demonstration, training, technical training.</li> <li>• Planning and Organizing-Mountaineering, Trekking, Rock Climbing, Single Rope, Para Sailing, Water Sports, Adventure Camps.</li> <li>• Preparation of Reports, Records and PPT.</li> </ul>	<p><b>28 Hrs</b></p>
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**Note:** The practical classes shall be adapted to the physically challenged students as per requirement.

<b>Formative Assessment</b>	
<b>Assessment type</b>	<b>Marks</b>
Theory	<b>60 Marks</b>
Practical	Practical - 20 Marks , Internal - 20 <b>Marks=40</b>
<b>Total</b>	<b>100 Marks</b>

**Note:** Internal marks can be assigned for field work, projects, written tasks & practical tasks.

**References:**

1. Adventure Sports: World's Most Popular 89 Adventure Sports Paperback Import, 13 February 2020, by Mahesh Sharma (Author)
2. Adventure Tourism and Sports 1st Edition (English, Hardcover, Negi Jagmohan)
3. The world of adventure sports, By:Berne, Emma Carlson, Lonely Planet
4. Kids, Jepson, Ian(Illustrated by) Part of the Lonely Planet Kids series
5. Sports, Games and Adventure Sports (English, Hardcover, Ghosh C N).

**SEMESTER- IV**  
**OPEN ELECTIVE PAPER**

Title of the Course: **SPORTS NUTRITION**

(B.A/B.Sc./B.Com./B.B.A./B.C.A and all other U.G Courses)

**Course outcomes**

**On completion of the Course the student will be able to:**

- Understand the meaning and importance of nutrition.
- Understand the principles and components of nutrition and its importance in weight management.
- Learn the specific physical, nutritional requirements for a sports person.
- Learn the practical requirements of fitness and weight management with respect to exercise.
- Learn to prepare records and reports.

Number of Theory Credits	Number of Lecture Hours/semester	Number of Practical Credits	Number of Practical hours/ semester
2	28	1	14 = 28 Hours
<b>Contents of the Course- 03 Credits (2-0-1)</b>			<b>Hours</b>
<b>THEORY</b> <ul style="list-style-type: none"> <li>• Meaning and definition of Sports Nutrition.</li> <li>• Role of Nutrition In Health Promotion and Sports.</li> <li>• Balanced Diet: Components, factors affecting on Balanced Diet and Malnutrition.</li> <li>• Meaning, Classification ( Macro and Micro), Sources, Functions of Nutrients.</li> <li>• Nutrients for Sportsmen - Calories and Diet for Games, Sports, Sprints, Endurance and Power Events.</li> <li>• Meaning, Definition and Importance of Weight Management.</li> <li>• Causes of Obesity and its Prevention Strategies.</li> <li>• Nutritional Intake Before, During and After Sports Activity.</li> </ul>			<b>28 Hrs</b>
<b>PRACTICAL</b> <ul style="list-style-type: none"> <li>• Aerobic and resistance training activities.</li> <li>• Calculation of BMI and Body composition.</li> <li>• Physical Activities for Weight Loss.</li> <li>• Assessment of Energy expenditure and caloric values of common food.</li> <li>• Prescription of exercise for weight reduction.</li> <li>• Preparation of Records and Reports.</li> </ul>			<b>28 Hrs</b>

**Note:** The practical classes shall be adapted to the physically challenged students as per requirement.



<b>Formative Assessment</b>		
<b>Assessment type</b>	<b>Marks</b>	
Theory	Theory Marks = <b>60</b>	
Practical	Practical - 20 Marks	Internal - 20 Marks= <b>40 Marks</b>
<b>Total</b>	<b>100 Marks</b>	

**References:**

1. A Practical Approach to Measurement in Physical Education, 1979, 3<sup>rd</sup> Edition, Barrow.M. Harold, Rosemary.Mc.Gee, Lea &Febiger, Philidelphia.
2. AAPHERD “Health related Physical Fitness Test Manual.” 1980 Published by Association drive Reston Virginia.
3. Muller, J. P.(2000). Health, Exercise and Fitness. Delhi: Sports.
4. Russell, R.P.(1994). Health and Fitness through Physical Education. USA: Human Kinetics.
5. Singh Hardayal (1991), Science of Sports Training, DVS Publication, New Delhi.
6. Uppal, A.K. (1992). Physical Fitness. New Delhi : Friends Publication.

**SEMESTER - IV**  
**Skill Enhancement Courses (SEC-IV)**  
**Physical Education**  
Title of the course: **SPORTS - III**

**Course outcomes**

On completion of the Course the student will be able to:

- Learn to participate in sports activities.
- Learn the rules and regulations of sports activities.
- Practice the skills of a game and athletic events.
- Learn various fitness activities.
- Teach and organize intramural and extramural competitions.
- Learn to prepare records and reports.

Number of Credits	Number of lecture Hours/ Semester	
2	4 Hours/Week	
Activity Based Practical Course Content – 02 Credits (0-0-2)		Hours
<ul style="list-style-type: none"> <li>• Conditioning exercises.</li> <li>• Aerobics and Calisthenics.</li> <li>• Basic Skills of one major and one indigenous game.</li> <li>• Athletics - One Track/One Throws/One Jump.</li> <li>• Organization of Intramural competitions in the respective games.</li> <li>• Preparation of records and reports.</li> <li>• Proficiency in particular Sport: <ul style="list-style-type: none"> <li>- Rules &amp; Regulations.</li> <li>- Marking &amp; Play field Management.</li> <li>- Officiating.</li> </ul> </li> </ul>		<b>56 Hrs</b>

**Note:**

- Games may be selected based on student strength and facilities available in the college.
- No game/athletic events shall be repeated in successive/any semesters
- The practical classes shall be adapted to the physically challenged students as per requirement.

<b>Formative Assessment</b>	
<b>Assessment type</b>	<b>Marks</b>
<b>Activity Based Practical</b>	<b>IA-Internal Assessment- 50 Marks</b> <ul style="list-style-type: none"> <li>● Skills/Physical Fitness Test =10</li> <li>● Classroom Activity (Discipline, Mass Participation Activity, Punctuality)= 10</li> <li>● Project/ Record=20</li> <li>● Performance = 10*</li> </ul>
<b>Total</b>	<b>50 marks</b>

**Note:** \*Due Weightage in the Internal Assessment shall be given to the Achievement of Sportsmen of the institution.

**References:**

1. Muller, J. P.(2000). Health, Exercise and Fitness. Delhi :Sports.
2. World Athletics Manual.
3. Vanaik.A (2005) Play Field Manual, Friends Publication New Delhi.
4. M.J Vishwanath, (2002) Track and Field Marking and Athletics Officiating Manual , Silver Star Publication,Shimoga.
5. Steve Oldenburg (2015) Complete Conditioning for Volleyball, Human Kinestics.

**Question Paper Pattern for Degree Courses  
(DSC, OE and Languages)**

..... Semester..... Degree Examination .....202.....  
(CBCS NEP Scheme)

**Paper: DSC/OE/Languages:.....**

Time : 02 Hours

Max Marks:60

**Section A**

- 1.** Select the most appropriate answer from the options provided: 10X1 = 10
- i. ....  
a)..... b)..... c) ..... d).....
  - ii. ....  
a)..... b)..... c) ..... d).....
  - iii. ....  
a)..... b)..... c) ..... d).....
  - .
  - .
  - .
  - x. ....  
a)..... b)..... c) ..... d).....

**Section B**

Answer/ Write Short Notes on any **FIVE** of the following: 05X 03 =15

- 2.**
- 3.**
- 4.**
- 5.**
- 6.**
- 7.**
- 8.**
- 9.**

**Section C**

Answer any **THREE** questions from the following: 03 X 05 = 15

- 10.**
- 11.**
- 12.**
- 13.**
- 14.**

**Section D**

Answer the following\* 02X 10 = 20

- 15.** a. Or
- b.
- 16.** a. Or
- b.

\*May have sub questions if required

## Recommendations

1. The various papers in the subject of Physical Education, Sports and Yoga of undergraduate programmes, in core discipline, specific discipline elective, Health Education and Skill Enhancement Courses, shall be taught (theory and practical) by Physical Education Faculty, qualified as per the UGC guidelines
2. The Committee recommends that from 2021-22 (**Revised 2022 – 23**) and there on, the Physical Education, Sports & Yoga Discipline Core Subject (DSC) shall be considered under Science Stream (B.Sc.) as it is in other states.
3. Physical Education Faculty shall be enriched with additional knowledge through short term courses/workshops/refresher/orientation/training programmes as per requirements.
4. The committee recommends inclusion of the subjects for the competitive examinations conducted for the civil services under the central and state level.
- 5. Health, Wellness and Yoga (Value based paper under SEC) paper shall be taught by Physical Education Faculty only.**
- 6. In addition to Practical, one hour of theory (for Physical Education, Sports and Yoga) under Skill Enhancement Course shall be ensured at the first semester of all Under Graduate courses.**
7. Appropriate Sporting and Yoga infrastructure and necessary Books/reference materials shall be ensured at all Higher Education Institutions (HEIs).
8. Recruitment of Faculty shall be ensured in all Government, Aided, Constituent and Private HEIs.
9. Open Elective Papers and Skill Enhancement Papers in Physical Education, Sports and Yoga shall be made available in all HEIs across all UG Programs (Arts, Science & Commerce, i.e. BA/BSc/BCom/BBA/BCA & all other UG Courses) starting from the academic year 2021-22 (**Revised 2022-23**). Board of Studies (BoS) & Board of Examination (BoE) shall be constituted immediately in all the universities.
- 10. The existing workload of the Physical Education Faculty for preparing college sports teams (training and coaching hours) for University/State/National level competitions shall also be considered along with the workload of papers made available under NEP.**

11. HEIs shall be guided and empowered to align with NSQF (National Skills Qualification Framework) and enter into MoUs with NSDC (National Skill Development Corporation) and other organizations to ensure employability.
12. Along with Discipline Specific Core papers, appropriate measures shall be ensured to conduct practical and theory assessments for Open Electives and Skill Enhancement Courses.

## **Sports Don't Build Character; They Reveal It.**

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